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## **ABSTRACT**

A trawl useful for an improved method for catching fish with a trawl system. Trawl mesh cells include at least three mesh bars.

Mesh bars of mesh cells generate hydrodynamic lift. Mesh cells having hydrodynamic generating mesh bars include:

- a first product strand forming a first mesh bar;
- 2. a second product strand forming a second mesh bar; and
- 3. a mechanical connection coupling together the first and the second product strands.

The fish catching method includes the steps of:

- assembling the trawl system by combining the trawl and/or upper bridles and frontropes; and
- 2. from a vessel:
  - a. deploying into a body of water the first and the second product strands forming hydrodynamic generating mesh bars; and
  - b. propelling at least the first and the second product strands forming hydrodynamic generating bars through the body of water.